



Swim Lessons



Lehi Legacy Center
123 N Center St.
768-7124
www.lehi-ut.gov

LEHI LEGACY CENTER SWIM LESSONS Summer 2009

Classes

Level 1 (4-5 yrs)
Level 1 (6-& Up)
Level 1 (preschool)
Level 2 (4-5 yrs)
Level 2 (6-& Up)
Level 2 (preschool)
Level 3 (4-5 yrs)
Level 3 (6 & Up)
Level 4
Level 5/6
Parent/Child Aquatics

Times

10:00, 10:35, 11:10, 11:45, 12:20
10:00, 10:35, 11:10, 11:45, 12:20
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10:00, 11:10, 12:20
10:00, 12:20

Session 1 – June 1, 2, 3, 4, 5, 8, 9, 10, 11

Registration begins May 11

Session 2 – June 15, 16, 17, 18, 19, 22, 23, 24, 25

Registration begins June 1

Session 3 – June 29, 30, July 1, 2, 3, 6, 7, 8, 9

Registration begins June 15

Session 4 – July 13, 14, 15, 16, 17, 20, 21, 22, 23

Registration begins June 29

Session 5 – July 27, 28, 29, 30, 31 Aug 3, 4, 5, 6

Registration begins July 13

Times for Session 6 will Change

Session 6 – August 10, 11, 12, 13, 14 (1 hour lessons)

Registration begins July 27

(No preschool or parent/child classes offered)

***Internet registration opens Sat. before
registration start date**

×QUICK FACTS

What Swim Lessons

Where Legacy Center Pool

Dates Listed Above

Days Listed Above

Fees \$45

(\$30 Lehi Resident Discount)

*****NO REFUNDS AFTER THE WEDNESDAY PRIOR TO THE SESSION
BEGINNING.**

REGISTRATION

Registration office Monday-Friday from 8am-6pm

OR on-line @ www.lehi-ut.gov -*Internet registration opens

Sat. before registration start date

INFORMATION

For more information the Legacy Center 768-7124

REFUND POLICY

The Legacy Center Refund
Policy:

All sales are final, non-transferable, and non-assignable. *Refunds are available only under emergency or unpredictable circumstances and will be charged a \$10.00 administration fee per class, prorated from the date that the refund was requested, and charged any other costs incurred by the Legacy Center because of enrollment. No refunds will be given to programs that are advertised as non-refundable or to programs that are full. No refunds will be issued for less than \$10.00.

* Department Head to determine circumstances for refunds.

NO refunds will be given after the Wednesday prior to the session beginning.

10% Off for
Legacy
Members

SWIM LESSON CLASS

DESCRIPTIONS/REQUIREMENTS

LEVEL 1 (3yrs – 8yrs old)

MUST BE 3YRS OLD & POTTY TRAINED. This class introduces kids to basic water skills.

LEVEL 2 (3yrs – 8yrs old)

Your child must be able to do the following skills before entering this level. 1) enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. 2) float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

LEVEL 3 (4yrs old & up)

Your child must be able to do the following skills before entering this level. 1) step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position 2) Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

LEVEL 4 (4yrs old & up)

Your child must be able to do the following skills before entering this level. 1) jump into chest deep water from the side, swim the front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim the back crawl 15 yards.

LEVEL 5/6 (4yrs old & up)

Your child must be able to do the following skills before entering this level. Level 5- 1) perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards. Level 6 - 1) perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. 2) swim breast stroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

PARENT/CHILD AQUATICS

This class will introduce your little one to the water to help them feel comfortable.

